

# Green Plantains Escabeche

Makes: 100 Servings

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Ingredients	Weight	Measure
Green plantains	13 1/2 lb	
Salt	3 1/2 oz	
Water		6 qt
Onion	12 1/2 oz	
Oil		5 oz
Vinegar		2 Tbsp
Bay leaf	1/2 oz	

Nutrition Information	
Nutrients	Amount
<b>Calories</b>	<b>63</b>
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	72 mg
Total Carbohydrate	13 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
Vitamin D	N/A
Calcium	2 mg
Iron	25 mg
Potassium	N/A
N/A - data is not available	

## Directions

1. Peel and cut the plantains into 1/2 inch slices.
2. Boil the plantains in salted water for 20 minutes.
3. Drain the plantains.
4. Combine the onion, oil, vinegar, and bay leaf to make the dressing.
5. Remove bay leaf. Add the dressing to the plantains.

**Source:** National Food Service Management Institute